



# Coming Soon to WIC: New Foods, Healthier Choices Formula: What's New?

- Beginning at six months, babies can begin trying foods other than formula.
- To meet your baby's changing needs, WIC will offer infant cereals, fruits, and vegetables.
- Because your baby will begin eating solid foods at six months, WIC will provide different amounts of formula.

[www.health.ri.gov/family/wic](http://www.health.ri.gov/family/wic)





# Coming Soon to WIC: New Foods, Healthier Choices Pregnant Women: What's New?

- WIC will offer additional support for breastfeeding moms.
- Breastfeeding mothers will get more nutritious food choices, helping to keep them and their babies healthier.
- Beginning at six months, WIC will offer infant cereals, fruits, and vegetables to all babies.
- **Fully** breastfed babies will get additional fruits and vegetables plus infant meats.

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# Coming Soon to WIC: New Foods, Healthier Choices Breastfeeding Women: What's New?

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# Coming Soon to WIC: New Foods, Healthier Choices Fruits, Vegetables and Whole Grains: What's New?

- Lots of fruits and vegetables and whole grains are part of a healthy diet.
- WIC's new food package will include fresh, frozen, and canned fruits and vegetables.
- WIC will also provide a choice of whole grains including brown rice, whole wheat tortillas, and breads.

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# Coming Soon to WIC: New Foods, Healthier Choices Cheese, Eggs, and Milk: What's New?

- Eggs, cheese, and milk, in limited amounts, are part of a healthy diet.
- WIC's new food package reduces the amount of cheese, eggs, and milk to lower your fat intake.
- WIC will provide whole milk to one-year-olds, because it provides the fat needed for early development.
- WIC will offer 1% and nonfat milk to everyone starting at age two.

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# Coming Soon to WIC: New Foods, Healthier Choices Food Variety: What's New?

- WIC participants are from diverse cultures and backgrounds.
- The new WIC package recognizes that people from different cultures may like different types of food.
- WIC will now offer tortillas, canned beans, and a wide choice of fruits and vegetables so people can pick the foods they like.

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